

STATION TWO: OUTFIELD

OUTFIELD "READY POSITION":

1. A comfortable semicrouch stance with both arms out in front of the body.
2. Rock forward on toes on each pitch.
3. Catch fly balls above chest just above eye level with both hands on the throwing side of the body.

FIELDING GROUND BALLS:

Down and block—Outfielder should go down on one knee opposite her throwing side and to field the ball with two hands in front of the body.

FIELDING FLY BALLS:

1. "Hurry" under the ball.
2. Glove fingers are pointed up, and the catch is made about one foot above her head on her throwing –shoulder side.
3. Arms away from the body.
4. Both hands are used for the catch.
5. Player must look the ball into the glove.

Things to REMEMBER:

- **Outfielders are always moving, always "backing up" infield on every play.**
- **Generally throw to the base ahead of the runner.**
- **Right fielders back up 1st & 2nd base**
- **Center fielders back up 2nd & S.S.**
- **Left fielders back up 2nd & 3rd.**
- **Outfielders need to catch and release the ball quickly, and get the ball back to the infield as quickly as possible.**
- **Always think what you will do with the ball if it comes to you!!!**

SOFTBALL IS GREAT

OUTFIELDERS NEED TO HAVE:

- speed and agility,
- a strong throwing arm
- the ability to anticipate and to get a jump on the ball.
- good outfielders are essential defense against home runs.

Did you know?

Girls that discuss tobacco use with their parents are less likely to smoke than those who do not!